

Meal Plan Overview

Final Meal Plan: Shop the Kitchen (50/25/25)

Date: 2026-01-28 Macro Target: 50% Veggie / 25% Protein / 25% Starch

The Menu

- **Chilaquiles Cabbage Salad:** A voluminous bed of lime-cabbage topped with saucy taco chicken, wilted spinach, and charred rustic masa strips.

Chilaquiles Cabbage Salad (50/25/25)

A high-volume, macro-balanced bowl. Warm, saucy chicken and charred masa strips served over a mountain of crunchy lime-cabbage.

INGREDIENTS & PREP

Ready to Use (No Board Work)

- **12-16 oz** Taco Chicken Strips
- **1 cup** Masa Harina (+ 2/3c Water)
- **1 can** Diced Tomatoes (14.5oz)
- **1 cup** Frozen Spinach
- **Spices:** Chili Powder (1t), Cumin (1/2t), Salt
- **Pantry:** Olive Oil
- **Dairy:** Greek Yogurt, Shredded Cheese

To Prep (Knife Work)

- **1/2 head** Green Cabbage → *Shred very thin*
- **4-5** Radishes → *Slice thin*
- **1/2** Yellow Onion → *Dice*
- **1 tsp** Garlic → *Mince*
- **2** Limes → *Juice*

EXECUTION STEPS

Time	Ingredients	Action
T-35	Masa 1 cup Harina 2/3 Warm cup Water Pinch Salt	Mix Dough: Mix masa, water, and salt in a bowl until it feels like Play-Doh. Divide into 2-3 balls. Flatten them between parchment paper (or plastic wrap) into rough 1/4-inch thick sheets. Slice into 1-inch wide strips.

Time	Ingredients	Action
T-25	Masa Strips	Char Strips: Heat a dry large skillet over Med-High. Cook strips for 2-3 mins per side until firm with black charred spots. Remove and set aside. (Do this in batches if needed).
T-20	1 tbsp Olive Oil Chicken 16 oz Strips	Sear Protein: In the same hot skillet, add oil. Sear the raw chicken strips until browned and cooked through (approx 6-8 mins). Remove and set aside with the masa strips.
T-15	Onion 1/2 (Diced) Garlic 1 tsp (Minced) Chili 1 tsp Powder 1/2 tsp Cumin	Build Sauce Base: Reduce heat to Medium. Add onions and garlic to the pan drippings. Sauté 2 mins. Add spices and toast for 30 seconds.
T-12	14.5 oz Tomatoes Frozen 1 cup Spinach	Simmer & Wilt: Pour in canned tomatoes (and juices). Simmer 3-4 mins to thicken. Stir in frozen spinach and cook until thawed and incorporated.
T-05	1/2 Cabbage head (Shredded) Radishes 4-5 (Sliced) Limes 2 (Juice)	The Bed: While sauce simmers, toss shredded cabbage and radishes with the lime juice and a pinch of salt. Pile a massive amount onto each plate.
T-00	Chicken & Masa Yogurt & Cheese	Finish: Toss the cooked chicken and masa strips into the sauce just to coat and warm through. Ladle hot mixture over the cold cabbage. Top with yogurt and cheese.